Opposing The Negatives

Anxiety *scatters energy and attention; Whereas, concentration gathers and grounds one into the present moment.*

Despair *feels purposeless and sees no way forward; Whereas, inner wisdom intention restores meaning, direction, revealing deeper truths and hope.*

Anger *lashes out and is explosive; Whereas, emotional calmness through kindness brings a softness and centered connections.*

Bitterness *corrodes the spirit and is stuck in the past; whereas, inspiration through integrity moves forward restoring wholeness and truth.*

Guilt *stifles expression, and is self-condemning; whereas, self-judgment and creativity liberates, re-imagines, reflecting accountability and wisdom.*

Hatred *narrows and blinds; Whereas, spiritual vision expands to see clearly with compassion and depth.*

Resentment *obscures and reacts; Whereas, planning and clarity responds with intention, foresight, clearing emotional fog.*

Depression *numbs and the soul feels lost; Whereas, a sense of direction with passion reignites purpose, and vitality.*

Frustration *spins in circles and the souls energy is stuck; Whereas, decisive action channels movement with clarity and decisiveness.*

Blaming *projects outward and deflects responsibility; Whereas, wisdom through evolution takes responsibility, grows inward, and learns from the experience.*

Dread *clouds the future and anticipates defeat; Whereas, willpower from inner strength brings light and perspective pushing through fear.*

Fear *hesitates and collapses the soul; Whereas determination despite uncertainty, moves forward in trust and truth.*

MJI (LightWorker)